Śrī Raṅganātha Gauḍīya Maṭha, Hesaraghatta, Bengaluru-560088

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Vaiṣṇava Ekādaśī Calendar For 2024-25

Date	Day	Tithi	Fast Breaking Time (Next Day)
19-04-24	Friday	Kāmadā Ekādaśī	After Sunrise–9.30am
04-05-24	Saturday	Varuthinī Ekādaśī	After Sunrise–9.25am
10-05-24	Friday	**Akṣaya Tṛtiyā**	
19-05-24	Sunday	Mohinī Ekādaśī	After Sunrise–9.22am
21-05-24	Tuesday	**Śrī Nṛsiṁha Caturdarśī**	After Sunrise–9.22am
23-05-24	Thursday	Śrī Śrī Rādhā Ramaṇadeva Prākaṭya Tithi, Buddha Pūrṇimā, Śrīla Śrīnivāsa Ācārya Appearance Day, Śrīla Mādhavendra Purī Appearance Day	
03-06-24	Monday	Aparā Ekādaśī	After Sunrise–9.22am
18-06-24	Tuesday	Vyañjulī Mahā-dvādaśī	After Sunrise–6.52am
20-06-24	Thursday	**Pāṇihāṭi Ciḍā-Dahi Festival**	
22-06-24	Saturday	**Śrī Śrī Jagannāthadeva Snāna Yātrā**	
02-07-24	Tuesday	Yoginī Ekādaśī	After Sunrise–7.03am
06-07-24	Saturday	Guṇḍicā Mandira-mārjana	
07-07-24	Sunday	**Śrī Śrī Jagannātha-deva Ratha-yātrā**	
11-07-24	Thursday	Herā Pañcamī	
15-07-24	Monday	Śrī Śrī Jagannāthadeva Punar-yātrā	
17-07-24	Wednesday	Śayana Ekādaśī	After Sunrise–9.31am
21-07-24	Sunday	**Guru Pūrṇimā**	
		1st Month of Cāturmāsya begins	
31-07-24	Wednesday	Kāmikā Ekādaśī	After Sunrise–9.33am
16-08-24	Friday	Pavitrā-ropaṇī Ekādaśī	After Sunrise–10.00am
		Jhulana Yātrā Begins	
19-08-24	Monday	**Śrīla Baladeva Prabhu Appearance Day**	After Sunrise–9.33am
		End Of Jhulana Yātrā	
		2nd Month of Cāturmāsya begins	
27-08-24	Tuesday	**Śrī Kṛṣṇa Janmāṣṭamī**	After Sunrise–10.14am
28-08-24	Wednesday	Śrī Nandotsava	
		Nitya-līlā-praviṣṭa Oṁ Viṣṇupāda Aṣtotttara-śata Śrīla Bhakti-vedānta Svāmī Mahārāja's Appearance Day	
30-08-24	Friday	Pakṣa-vardhinī Mahā-dvadaśī	After Sunrise–9.32am
11-09-24	Wednesday	**Śrī Rādhāṣṭamī**	
15-09-24	Sunday	Vijayā Mahā-dvādaśī	After Sunrise–9.30am
18-09-24	Wednesday	**3rd Month of Cāturmāsya begins**	
		Śrī Śrī Viśvarūpa Mahotsava	
28-09-24	Saturday	Indirā Ekādaśī	After Sunrise–9.29am
13-10-24	Sunday	**Vijayā Daśamī**	
14-10-24	Monday	Pāpāṅkuśā Ekādaśī	After Sunrise–9.28am
17-10-24	Thursday	**4th Month of Cāturmāsya Begins**	
		Kārtika Vrata (Dāmodara Vrata) Begins	
		Disappearance Day Of Nitya-līlā-praviṣṭa Oṁ Viṣṇupāda Aṣtotttara-śata Śrīla Bhakti Prajñāna Keśava Gosvāmī Mahārāja	
28-10-24	Monday	Ramā Ekādaśī	After Sunrise–9.29am
01-11-24	Friday	**Dīpāvalī**	
02-11-24	Saturday	**Śrī Govardhana Pūjā**	

12-11-24	Tuesday	Utthāna Ekādaśī	After Sunrise–9.32am
15-11-24	Friday	**Dāmodara Vrata Ends**	
26-11-24	Tuesday	Utpannā Ekādaśī	After 10.28am
11-12-24	Wednesday	Mokṣadā Ekādaśī(Gītā Jayantī)	After Sunrise–9.45 Am
24-12-24	Tuesday	**Disappearance Day Of Nitya-līlā-praviṣṭa Oṁ Viṣṇupāda Aṣtotttara-śata Śrīla Bhakti-vedānta Nārāyaṇa Gosvāmī Mahārāja.**	
		Appearance Day Of Nitya-līlā-praviṣṭa Oṁ Viṣṇupāda Aṣtotttara-śata Śrīla Bhakti-vedānta Vāmana Gosvāmī Mahārāja.	
26-12-24	Thursday	Saphalā Ekādaśī	After Sunrise–9.53am
10-01-25	Friday	Putradā Ekādaśī	After Sunrise–7.44am
25-01-25	Saturday	Ṣaṭ-ṭilā Ekādaśī	After Sunrise–10.02am
29-01-25	Wednesday	**Appearance Day Of Nitya-līlā-praviṣṭa Oṁ Viṣṇupāda Aṣtotttara-śata Śrīla Bhakti-vedānta Nārāyaṇa Gosvāmī Mahārāja**	
03-02-24	Monday	**Vasanta Pañcamī**	
05-02-25	Wednesday	**Śrī Advaita Saptamī**	After Sunrise -10.21am
08-02-25	Saturday	Jayā (Bhaimī) Ekādaśī	After Sunrise–10.01am
10-02-25	Monday	**Śrī Nityānanda Trayodaśī**	After Sunrise–10.00am
24-02-25	Monday	Vijayā Ekādaśī	After Sunrise–9.57am
27-02-25	Thursday	**Śrī Śiva Caturdaśī**	After Sunrise–10.39am
09-03-25	Sunday	**Śrī Navadvīpa Dhāma Parikramā Begins**	
10-03-25	Monday	Āmalakī Ekādaśī	After Sunrise–9.31am
14-03-25	Friday	**Śrī Gaura Pūrṇimā**	After Sunrise–9.48am
15-03-25	Saturday	Śrī Jagannātha Miśrā's Ānandotsava	

Śrī Kṛṣṇa Caitanya Prabhu Nityānanda Śrī Advaita, Gadādhara Śrī-vāsādi Gaura Bhakta-vṛnda
Hare Kṛṣṇa Hare Kṛṣṇa Kṛṣṇa Kṛṣṇa Hare Hare, Hare Rāma Hare Rāma Rāma Rāma Hare Hare

Rules for Fasting

Standard for breaking the Ekādaśī fast

If you have observed a complete fast (without even water) you do not need to break it with grains. You can break it with caranāmṛta or fruit. But if you have observed Ekādaśī by eating fruit, vegetables, etc., then it should be broken on the following day by taking grains at the times mentioned herein.

Mahā-dvādaśi is observed like Ekādaśī.

Ekādaśī

The essence is to eat simply, once or twice, so that one can spend as much time as possible hearing, chanting and remembering Śrī Śrī Rādhā-Kṛṣṇa. Never eat meat, fish, eggs, onions, garlic, carrots (red and orange), red lentils (masūra-dal), green flat lentils, mushrooms or products thereof, sea salt, refined oil and sugar.

Restricted foods on Ekādaśī

• Tomatoes, eggplants, cauliflower, broccoli, bell peppers, beets, bitter melon (karela), loki, parmal, toroi, kunli, drumsticks, bindī (ladies' fingers) and banana flowers

• Peas, chickpeas and all types of beans, including products made from beans (e.g., papadams, tofu, tempeh)

• All leafy vegetables (e.g., spinach, salads, cabbages) and leafy herbs like parsley, coriander leaves, celery and curry leaves

• Grains (e.g., syama rice, vrata ke chawal, varai, morai, millet, barley, farina, pasta, rice, corn) and all types of flour made from grains and beans (e.g., rice flour, chickpea flour, urad dahl flour)

• Starches from corn or grains, and products made from or mixed with these starches like baking soda, baking powder, certain soft drinks with corn syrup, custard, certain yoghurts and puddings,

certain varieties of cream and cottage cheese, certain sweets and candies, and tapioca balls

• Oils made from grains (e.g., corn oil, mustard oil, sesame oil) and products fried in these oils (e.g., fried nuts, potato chips and other fried snack foods). Refined oils are adulterated so avoid them.

• Honey, and sweets made with starches

Spices used on Ekādaśī: black pepper, fresh ginger, Pink or himalayan salt and fresh turmeric, all taken from a new and clean package

Spices not used on Ekādaśī: hing (asofetida), sesame seeds, cumin, fenugreek, mustard, tamarind, fennel, cardamom and nutmeg

Foods that can be taken all days of the year, including Ekādaśī and Cāturmāsya:

• All fruits (fresh and dried)(avoid coated apples,dragon fruit and durian), all nuts and all oils made from nuts

• Potatoes, pumpkin, cucumber, radish, squash, lemon, avocado, olives, coconut, buckwheat, joni jaggary (pure liquid jaggery)

• All pure milk products (except yoghurt during the 2nd month of Cāturmāsya and milk during the 3rd month of Cāturmāsya)

• For sannyāsīs, brahmacārīs and vānaprasthas: shaving head and cutting nails is to be done on full moon days

Cāturmāsya

• Restricted foods during the entire four months of Cāturmāsya:

• Eggplants, tomatoes, loki, parmal, urad dahl and honey

• Particular foods that are restricted during each of the four months of Cāturmāsya:

• **First month:** No leafy vegetables, such as spinach, salads of all types, cabbages of all types, kale, leafy herbs like coriander, mint, parsley, curry and powdered leafy herbs and teas

▪ **Second month:** No yoghurt (if one requires it for health, it can be mixed with water)

▪ **Third month:** No milk (if required, it can be mixed with a drop of lemon juice)

▪ **Fourth month:** No mustard oil or sesame seeds

Puruśottama Māsa

Restricted foods during the month of Puruśottama:

• Eggplants, tomatoes, loki, parmal, urad dahl, honey, mustard oil or sesame seeds

• No shaving for brahmacārīs and sannyāsīs

Saṅkalpa Mantras for the Ekādaśī fast

Daśamī Saṅkalpa Mantra

daśamī divase prāpte vratasthohaṁ janārdana
tridinaṁ devadeveśa nirvighnaṁ kuru keśava

(Brahmavaivarta Purāṇa)

Since today is daśamī, I am ready for a three day vow. O Lord of lords, O Keśava, please see that no obstacles come to disturb my vow.

Ekādaśī Saṅkalpa Mantra (Vow to fast on ekādaśī)

ekādaśyāṁ nirāhāraḥ sthithvāhani pare hyahaṁ
bhokṣyāmi puṇḍarīkākṣa śaranaṁ me bhavācyuta

(Bṛhan Nāradīya Purāṇa,
21st Chapter, Verse 15)

After fasting on ekādaśī, I will honor prasādam on dvādaśī. Please be my refuge, O Acyuta! Saṅkalpa for fasting for two days adyaśvaśeha nirāhāro bhūtvāhaṁ dvādaśī dine vidhāsye pāraṇaṁ deva prīto bhava ma māniśam (Varāha Purāṇa)

I will fast tonight and tomorrow, and break the fast on dvādaśī. O Lord, may You be pleased! (The evening meal on daśamī, two meals on ekādaśī, and the evening meal on dvādaśī – four meals in total – are forbidden over these three days.)

Dvādaśī Saṅkalpa Mantra

ekādaśyupavāsena dvādaśī pāraṇena ca

yadarjitaṁ mayā puṇyam tena prīṇātu keśava

May Lord Keśava be pleased with the pious merit that I have earned by fasting on ekādaśī and breaking the fast on dvādaśī.

Pāraṇa Mantra

tava prasāda svīkārāt kṛtaṁ yat pāraṇaṁ mayā
vratenānena santuṣṭaḥ svastiṁ bhaktiṁ prayaccha me

O Lord, I am performing the pāraṇa of this vow and accepting Your prasāda. Be pleased by this vow and bestow devotional service and auspiciousness upon me.

Pāraṇena Anantara Samarpaṇa Mantra
(Dedication of the result to Bhagavān after breaking the fast)

ajñānat-imirāndhasya vṛtenānena keśava
prasannaḥ sumukho bhūtvā jñāna dṛṣṭi prado bhava

O Lord, O Keśava, I am blinded by the darkness of ignorance. May my fasting on ekādaśī please You so that You will bless me with the light of knowledge. In this way, one should remember Śrī Hari and perform the pāraṇa at the prescribed time.

In this connection, Skanda Purāṇa states, “By honoring prasādam sanctified with tulasī leaves on the day of dvādaśī after fasting on ekādaśī, billions of sins are destroyed.” (Haribhaktivilāsa–13/227)

“Even if one is faced with a disturbing crisis, it is one’s duty to dedicate the fast to Śrī Hari by chanting the mantra and performing the pāraṇa by drinking water.” (Hari-bhakti-vilāsa–13/255)

The scientific reason behind not taking grains on Ekādaśī

(Śrīla Bhaktivedānta Nārāyaṇa Gosvāmī Mahārāja, Hawaii, 13 May 2000)

During the bright and dark fortnights of every month, from ekādaśī until the fullmoon day, and from ekādaśī until the newmoon day, there is an increased high tide in the oceans, and the waves rise very high. This is because the moon comes somewhat closer to the Earth and pulls the water towards itself by force of gravity. Ninety percent of the human body is fluid in nature. The moon has a strong influence on water during the above mentioned days. If one eats grains, they absorb water and there is an increased chance of developing diseases due to the moon’s gravity attracting the water.

The body of a human being is like a machine. If we take food three times a day, this machine does not get any rest. If one does not take food on ekādaśī, one’s body can rest and one has more time to engage in nāmabhajana (devotional service rendered through the chanting of the holy names). Thus, one’s devotion is nourished and can increase.

The most important reason to follow ekādaśī is that ekādaśī is Kṛṣṇa Himself. Kṛṣṇa has become ekādaśī. He descends to this world on ekādaśī day, looks after all the people who are observing its vows, and gives special mercy to them. So we must observe ekādaśī.

Our temples and preaching centres:

1. Śrī Ānanda Dhāma Gauḍīya Āśrama, Parikramā Mārga, Kaimarvan, Sant Colony, Vrindavan, Dist: Mathura. Uttara Pradesh. Mobile: +91 98375 72443, +91 91939 30244

2. Śrī Ladali-lal Gauḍīya Maṭha, Opposite Jagadish Misthanna Bhandar, Kalian Tola, Gol Darwaza, Chowk, Lucknow. Uttara Pradesh. Mobile: +91 86301 95564

3. Śrī Tirumalā Tirupati Gauḍīya Charitable Trust, 18-2-217, Ashok Nagar, Tirupati, Tirupati (Urban), Andhra Pradesh, Pin: 517501. Mobile: +91 90005 55556

4. Śrī Rādhāramaṇa Gauḍīya Maṭha and Yoga-māyā Kālī-mātā Mandira, Opposite Government ITI, Sonakhali, Basanti. West Bengal. Mobile: +91 97354 56560

5. Śrī Gaura-nārāyaṇa Gauḍīya Maṭha, RH Colony No 3, Sindhanur, Dist: Raichur. Karnataka. Mobile: +91 99860 65404

6. Śrī Gaura-nārāyaṇa Surabhi Gośālā, Gadewadi, Boribel, Daund, Dist: Pune. Maharashtra. Mobile: +91 80772 70628

7. Śrī Rādhā Kṛṣṇa Temple, Thayappa Thotam, Baglur Road, Hosur. Tamil Nadu. Mobile: +91 90804 40557

8. Kanyakumari Sanga & Temple: GOKUL BHAVANA, 2/5 Mission Compound, Kottaram, PIN - 629703, Tamil Nadu, INDIA. Contact: Radhika Devi Dasi, Dr. Bhagavati Kanta Dasa. Phone: +91 750 222 2794 Email: bkdasa@gmail.com